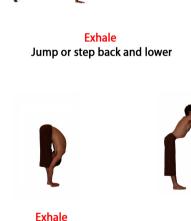
Studio Discipline Bio Naturali Via Civitali, 73 Milano

Surya Namaskara A Inhale Samastitihi Inhale Exhale Hands Up Fold Forward Head up

Inhale

Head up





Stand up palms together



Exhale

to downward dog

Inhale

Jump/step forward

Head to Knees

Studio Discipline Bio Naturali

Via Civitali, 73 Milano

Surya Namaskara B



Stand Tall



Inhale Bend knees hands up



Exhale Fold Forward



Inhale Head Up



Exhale

Jump or step back & lower



Inhale Upward Dog



Exhale Downward Dog



Inhale Right foot forward



Hands Up



Exhale



e



Inhale Upward Dog



Exhale Downward Dog



Inhale Left foot forward



Hands Up



ExhaleStep back and lower



Inhale Upward Dog



Exhale Downward Dog



Inhale
Jump or step forward
Head Up



Exhale Head to knees



Inhale Bend knees hand up



Exhale Stand Tall